



Easy Mocha Mousse

 Gluten Free

READY IN



250 min.

SERVINGS



12

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1.3 cups milk
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 0.5 cup eggs fat-free
- ☐ 0.3 cup espresso grounds room temperature brewed ()
- ☐ 0.3 cup sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 serving poached berries fresh

☐ 1 leaves mint leaves fresh

Equipment

☐ frying pan

☐ sauce pan

☐ blender

Directions

☐ In heavy non-aluminum saucepan, cook milk over medium- high heat 2 to 3 minutes or until tiny bubbles begin to appear around edges of pan.

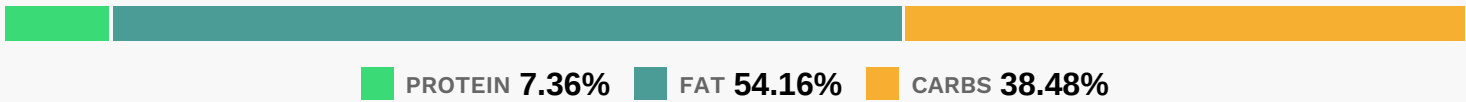
☐ Remove from heat.

☐ In blender, place chocolate chips, egg product, espresso, sugar and salt. Cover; blend on low speed 20 seconds or until smooth. With blender on low speed, add milk in slow, steady stream; blend 1 minute or until smooth.

☐ Pour 1/3 cup chocolate mixture into each of 12 (5-oz) glasses. Cover and refrigerate 4 to 24 hours. Top with whipped cream.

☐ Garnish with berries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:13.59, Glycemic Load:3.42, Inflammation Score:-3, Nutrition Score:6.2508695600149%

Flavonoids

Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg

Nutrients (% of daily need)

Calories: 212.7kcal (10.64%), Fat: 12.82g (19.73%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 18.23g (6.63%), Sugar: 15.95g (17.73%), Cholesterol: 43mg (14.33%), Sodium: 52.51mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.8mg (11.6%), Protein: 3.92g (7.84%), Manganese: 0.38mg (19.12%), Copper: 0.36mg (18.21%), Magnesium: 58.36mg (14.59%), Phosphorus: 121.94mg (12.19%), Iron: 1.98mg

(10.99%), Fiber: 2.27g (9.08%), Selenium: 6.04µg (8.62%), Zinc: 1mg (6.65%), Potassium: 221.93mg (6.34%), Vitamin B2: 0.11mg (6.32%), Calcium: 57.27mg (5.73%), Vitamin B12: 0.29µg (4.82%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.5µg (3.35%), Vitamin B3: 0.53mg (2.65%), Vitamin A: 116.41IU (2.33%), Vitamin B6: 0.04mg (2.19%), Vitamin K: 2.18µg (2.08%), Vitamin E: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.9%), Folate: 4.83µg (1.21%)